WHAT IS CLAIMED IS:

1. A power spectral density (PSD) mask for spectral shaping of a dual bit map (DBM) mode downstream transmission, the PSD mask represented by an equation:

$$PSD_{DBMsOL} = K_{ADSL\_OL} \times \frac{C}{f_0} \times \frac{\left[\sin\left(\pi \frac{f}{f_0}\right)\right]^2}{\left(\pi \frac{f}{f_0}\right)^2} \times \frac{1}{1+\left(\frac{f}{f_{LP3dB}}\right)^{12}} \times \frac{1}{1+\left(\frac{f_{HP3dB}}{f}\right)^{6}}, \quad 0 \prec f \prec \infty$$

where PSD_{DBMsOL} represents the PSD mask, K_{ADSL_OL} represents a constant value, C represents a constant value, f represents a frequency of the downstream transmission, f_0 represents a constant value, f_{LP3dB} represents a 3 decibel (dB) low pass frequency and f_{HP3dB} represents a 3 dB high pass frequency.

2. The PSD mask as in Claim 1, wherein K_{ADSL_OL} has a value between 0.0900 watts and 0.1200 watts.

3. The PSD mask as in Claim 2, wherein K_{ADSL_OL} has a value of 0.1104 watts.

4. The PSD mask as in Claim 1, wherein f_0 has a value between 2.100 megahertz and 2.300 megahertz.

5. The PSD mask as in Claim 1, wherein f_0 has a value of 2.208 megahertz.

6. The PSD mask as in Claim 1, f_{LP3dB} has a value substantially equal to $\frac{f_0}{2}$.

7. The PSD mask as in Claim 1, wherein f_{HP3dB} has a value between 100 kilohertz and 150 kilohertz.

8. The PSD mask as in Claim 1, wherein f_{HP3dB} has a value of 130 kilohertz.

9. The PSD mask as in Claim 1, wherein C has a value between 0.1 and 10.

10. The PSD mask as in Claim 7, wherein C has a value of 2.

11. The PSD mask as in Claim 10, wherein f_{HP3dB} has a value of 130 kilohertz.

12. The PSD mask as in Claim 11, f_{LP3dB} has a value substantially equal to $\frac{f_0}{2}$.

13. The PSD mask as in Claim 12, wherein K_{ADSL_OL} has a value of 0.1104 watts.

14. The PSD mask as in Claim 13, wherein f_0 has a value of 2.208 megahertz.

15. A power spectral density (PSD) mask for spectral shaping of a far end cross talk (FEXT) bit map (FBM) mode downstream transmission, the PSD mask represented by an equation:

$$PSD_{FBMsOL} = K_{ADSL\_OL} \times \frac{C}{f_0} \times \frac{\left[\sin\left(\pi \frac{f}{f_0}\right)\right]^2}{\left(\pi \frac{f}{f_0}\right)^2} \times \frac{1}{1+\left(\frac{f}{f_{LP3dB}}\right)^{12}} \times \frac{1}{1+\left(\frac{f_{HP3dB}}{f}\right)^{8}}, \quad 0 \prec f \prec \infty$$

where PSD_{FBMsOL} represents the PSD mask, K_{ADSL_OL} represents a constant value, C represents a constant value, f represents a frequency of the downstream transmission, f_0 represents a constant value, f_{LP3dB} represents a 3 decibel (dB) low pass frequency and f_{HP3dB} represents a 3 dB high pass frequency.

16. The PSD mask as in Claim 15, wherein K_{ADSL_OL} has a value between 0.0900 watts and 0.1200 watts.

17. The PSD mask as in Claim 16, wherein K_{ADSL_OL} has a value of 0.1104 watts.

18. The PSD mask as in Claim 15, wherein f_0 has a value between 2.100 megahertz and 2.300 megahertz.

19. The PSD mask as in Claim 15, wherein f_0 has a value of 2.208 megahertz.

20. The PSD mask as in Claim 15, f_{LP3dB} has a value substantially equal to $\frac{f_0}{2}$.

21. The PSD mask as in Claim 15, wherein f_{HP3dB} has a value between 27 kilohertz and 40 kilohertz.

22. The PSD mask as in Claim 15, wherein f_{HP3dB} has a value of 32 kilohertz.

23. The PSD mask as in Claim 15, wherein C has a value between 0.1 and 10.

24. The PSD mask as in Claim 23, wherein C has a value of 2.

25. The PSD mask as in Claim 24, wherein f_{HP3dB} has a value of 32 kilohertz.

26. The PSD mask as in Claim 25, f_{LP3dB} has a value substantially equal to $\frac{f_0}{2}$.

27. The PSD mask as in Claim 26, wherein K_{ADSL_OL} has a value of 0.1104 watts.

28. The PSD mask as in Claim 27, wherein f_0 has a value of 2.208 megahertz.